

NOVEMBER 2011

Calhoun Chronicle



Left: Senior Shannen Ramey plays the role of a soldier's wife in World War II, explaining her patriotic duty to join the work force. Right: Juniors Kellon Johnson and Katie White, who play an amputee and supporting wife respectively, share the hardships and trials of the veterans returning home from war.

Veterans: We salute you

By Stephenie Dale
Staff Writer

The Fort Calhoun Skills U.S.A. group presented the annual Veteran's Day program at the high school on Nov. 11.

The gymnasium was packed with a big crowd. All the students, teachers and some local citizens sat on the bleachers as they watched the patriotic program.

The program consisted of an instrumental introduction with the band playing "The Star Spangled Banner" and the "Armed Forces Salute," a little history of Veteran's

Day, the choir singing "Gospel America", an elementary class presenting a skit and a speech given by Irwin Nelson, who is a Vietnam vet.

This year, some new things were added to the program. Three members from the Army National Guard demonstrated how a flag is folded and the meaning behind the 13 folds. The Student Council also put on a skit about real war-time stories that was inspirational and creative.

The most important part of the program is being able to give thanks to those who gave their

service for our nation. Sometimes people don't get a chance to thank the veterans. The program allows people to honor those who bravely defended our country.

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2011

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Senior Will Hodges donates double reds at the blood drive.
Photo by Amanda O'Keefe



Saving lives one pint at a time

by Amanda O'Keefe
Staff Writer

The Fort Calhoun MCC hosted a blood drive on Nov. 9 at the Community Building in Fort Calhoun.

The blood drive started at 10 a.m. and was supposed to end at 3 p.m. However, due to the large response from donors in the community, the blood drive extended its time to 4:30.

At this year's blood drive, the Red Cross collected about 62 pints of blood, which exceeded the goal of 50.

"I am so happy with the outcome of this blood drive," said Mrs Lloyd.

Some first timers were junior Chloe Delgado and senior Josie Babin.

"It wasn't as bad as I thought it was going to be," said Babin.

Senior Will Hodges and junior Wayne Stratbucker donated double reds. Double red cell donation is similar to a whole blood donation, except a special machine is used to allow you to safely donate two units of red blood cells during one donation while returning your plasma and platelets to you.

"It felt weird when they put the plasma back in," said Hodges.

According to www.redcross.org, every minute of every day someone in the world is in need of blood. So, make sure you take advantage of the next blood drive and save a life.



Open Door Mission

Helping fight hunger this holiday

by Jordan Hudson
Staff Writer

On Nov. 19, Drumsticks on Wheels delivered 3,100 Thanksgiving dinners to families around Omaha.

Drumsticks on Wheels is a program that delivers Thanksgiving food to families in the Omaha area. This program started three years ago when the Open Door Mission ran out of space to feed people during their Thanksgiving Dinner.

As a response to the high demand and with the help of volunteers, the Mission decided to collect and box items for turkey dinners and deliver them to families in need. It is a nice way to let families have a complete, nutritious Thanksgiving dinner with their loved ones in the warmth of their home.

Last year Drumsticks delivered about 3,100 meals, but its goal for this year was to deliver 5,000. In the end it ended up serving 3,100 meals. Although Drumsticks did not reach its goal, it helped many families. The Mission said this year it needed 800 cars to complete its deliveries.

Mrs. Wellman High-Horse and her family, senior Gabby Mears and myself volunteered and delivered meals on the 19.

"It was such an easy way to help out the community," Mears said. "It took us about 30 minutes, but we got the chance to help three families. It was very rewarding."

Check out the Open Door Mission's website at opendoormission.org to find out how you can help out during the holidays.

Curtain Call: One Act Play

by Chelsea Larsen
Staff Writer

Ding goes the bell! "Speed Date" is hurdling towards this year's One Act Play competition season.

"Speed Date" is a play about some odd and interesting people who attend a speed dating session at the Mondakantack Community Center on Valentine's Day. Laura, the host of the speed dating session, unexpectedly runs into her ex, John.

Ms. Schlotfeld, junior high English teacher, is the drama coach for her second year. "I enjoy getting to know the students and watching them grow. They are hard workers." She expects her cast to do their best at competition.

The NCC Play Production competition was on Nov. 21 at Wahoo High School. Four cast members received top actor/actress awards: juniors Whitney Bendorf, Christa Conrad, Josh Pace and Wayne Stratbucker.

Cool off at Red Mango

by Gabby Mears
Staff Writer

Pumpkin Spice yogurt that isn't too sweet with bits of thick creamy cheesecake and mini chocolate chips. It is the perfect dessert to end any meal. The tartness of all the different flavors makes it more yogurt-y, less ice cream-y, which is just another reason to love it. Plus, there is no need to feel guilty! Red Mango frozen yogurt is a great, healthy alternative to ice cream.

Ice cream is filled with extra calories and sugar. On the other hand, Red Mango frozen yogurt has vitamins, natural sugars and fewer calories. The calorie count is displayed above every flavor, so you know exactly what you're consuming. It is just as, if not more, delicious than other frozen desserts, mainly because you get to add your own toppings, ranging from candy to nuts and fruit.

Red Mango is a tad on the pricey side, but it's well worth it. They have a range of different flavors, from original to espresso bean to the seasonal flavors that change to fit the time of year. Currently, for Autumn, most locations have two seasonal flavors called Pumpkin Spice and Apple Cinnamon. I have tried both, and although they are both delicious, Pumpkin Spice was definitely my favorite.

Red Mango even has a flavor named Tangimonium. Tangimonium is a mix of 4 fruits, including tangerine and mango.

Dylan Remm, senior said, "It tastes really good and it reminded me of Tang, the orange powered drink. I don't go to Red Mango very often though because it's far from my house and it's kinda a lot of money."

Like Remm said, Red mango is a bit of a drive from Fort Calhoun. The closest one is in Downtown Omaha, located at 808 N. 13th St. The other Omaha locations are 10349 Pacific St. and 16950 Wright Plaza.

In my opinion Red Mango is well worth it though. Delicious frozen yogurt is a great alternative to ice cream and other frozen sugary treats. The next time you're out and craving something sweet, Red Mango is definitely a place you should try.



Top: Customers can choose their own flavors and toppings, as well as the amounts, to satisfy their sweet tooth. Bottom: The toppings bar offers a plethora of tasty toppings ranging from candy and cereal, to fruits and nuts. Photos by Gabby Mears

Fall foods fare flavorful

by Lisa Harnack
Staff Writer

It's that time of year when the smell of pumpkin greets your nose and makes your mouth water. It's fall and that means fall foods. There is something about it that just comforts you.

Pumpkin is a fall staple, but what you can do with it is limitless. Pumpkin bread, oatmeal and cookies are my favorites. I decided to try out pumpkin chocolate cookies. They were easy to make and turned out delicious. If you like pumpkin, I suggest you try these delicious treats.

Another food that warms your soul is chili. A friend of mine made me the best chili I had ever had. It had chicken in it instead of hamburger. It was delicious and healthier for you than regular chili. It's easy to make, and is ready to eat in an hour.

Chicken Chili

Ingredients:

- 1 3/4 pounds diced chicken breast meat
- 2 green bell peppers, diced
- 2 red bell peppers, diced
- 1 onion, diced
- 1/2 cup frozen corn kernels
- 4 (15 ounce) cans kidney beans with liquid
- 2 (14.5 ounce) cans diced tomatoes
- 1 (15 ounce) can tomato sauce
- 2 cups water
- 2 teaspoons chili powder
- 1 tablespoon dried parsley
- 1 teaspoon garlic powder
- 1/2 teaspoon ground cayenne pepper
- 1/2 teaspoon ground cumin

Directions:

Coat a large pot with cooking spray and place over medium-high heat. Cook and stir chicken, bell peppers and onion until chicken is brown and peppers are tender. Stir in corn, beans, tomatoes, tomato sauce and water. Season with chili powder, parsley, garlic powder, cayenne and cumin. Reduce heat, cover and simmer 30 minutes.

Pumpkin Chocolate Chip Cookies

Ingredients:

- 1 cup unsalted butter, softened
- 1 cup white sugar
- 1 cup light brown sugar
- 2 large eggs
- 1 tsp. vanilla extract
- 1 cup canned pumpkin puree
- 3 cups all purpose flour
- 2 tsp. baking soda
- 1/2 tsp. salt
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/4 tsp. ground nutmeg
- 1/4 tsp. ground cloves
- 2 cups (12 oz. bag) milk chocolate chips

Directions:

Heat oven to 350 degrees F. Spray cookie sheets with nonstick spray. Using the mixer, beat the butter until smooth. Beat in the white and brown sugars, a little at a time, until the mixture is light and fluffy. Beat in the eggs 1 at a time, then add the vanilla and pumpkin puree. In a large bowl, whisk together flour, baking soda, salt, cinnamon, ginger, nutmeg and cloves. Slowly beat the flour mixture into the batter in thirds. Stir in the chips. Scoop the dough by heaping tablespoons onto the prepared cookie sheets. Bake for 15 to 20 minutes. Remove from oven and let them rest for 2 minutes.

It's been a hairy November

by Connor Dethlefs
Staff Writer

As the weeks go by this November, we have noticed a "hairy situation" at Fort Calhoun High School...and we don't mean complicated when we say "hairy" either.

Rapidly "growing" in popularity, No Shave November is here again. It gives students and faculty/staff the chance to show how hairy they really are. The rules are simple: you shave on the first of the month, and you're not allowed to

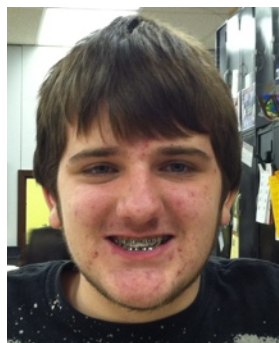
shave again until after the month is over.

This year at "The Fort", we wanted to see who is the hairiest of all. The overall winner is junior Jordan Kann. Winning was a very proud moment for him. "It is the best accomplishment of my high school career, no doubt."

The Patchiest Award goes to senior Jared Knight.

Sophomore Brianna Namuth is the girl winner.

Mr. Nelson wins Hairiest Faculty/Staff, with Mr. Pitt earning honorable mention.



Sophomores Zach Fickbohm and Nick Tegels and library assistant Kevin Nelson were some of the contestants in the No Shave November contest.
Photos by Julie Hofer

Spanish club gets cultured

By Brooke Ohrt
Staff Writer

The Spanish Club went to Norris Middle School to attend the "Justo Lamas" concert and ate at the Spanish restaurant Guaca Maya on Friday, Nov 4.

Being gone for most of the school day, Seniorita Grace went on her first field trip with Fort Calhoun students. "I was very excited to go. I really wanted students to learn more about Spanish culture, and get out of their comfort zone. I also wanted the students to just have fun."

Both Alyssa Dippel, senior, and Ashley Weeks, junior, said they had fun.

"I learned a little bit more about the Spanish language [and] how useful it is to be bilingual. I also learned a little bit more about the Spanish culture," says Dippel.

At the performance, it was more of a one man concert. He sang, danced and even taught the students more about the Spanish culture.

"I think to improve it, they could've had a better sound system. They didn't really have that many speakers, and it was hard to understand the person who was talking because it always echoed," says Weeks.

After the concert, Grace and her students went to lunch at the Spanish restaurant, Guaca Maya.

"My favorite part of the trip was eating at Guaca Maya. It was a buffet, so you have a wide variety to choose from. The food was really good, and I liked being in the Spanish atmosphere," Dippel explains.

We Ask, You Tell

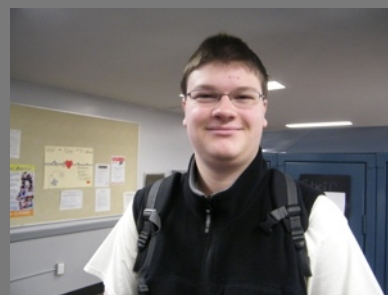
What is your favorite dish on Thanksgiving?



"Oreo Fluff."
-Heather Remm, freshman



"Turkey?"
-Steven Determan, sophomore



"Probably the gravy."
-Luke Ashton, junior



"Indian Corn Pudding."
-Katie Greenlaw, senior